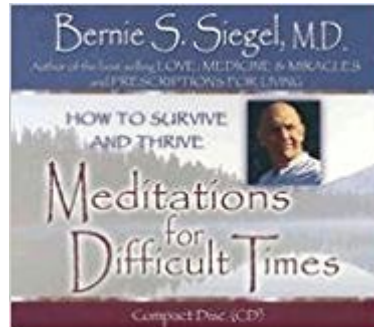




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# Meditations For Difficult Times



## Synopsis

Life is not unfair but it is difficult. How we learn to deal with difficulties. Winning the lottery and the trouble it causes. Paying attention to feelings. The gift of disease and our mortality. How we use our time. What are we here for? How to die laughing. Resources such as mottos to live by and redirections. Faith and what is good for you. Vacations, trips, massages, aromas etc. Reaching out for help. Survival behavior versus one's role in life. Anger, spirituality, saying no, happy depressions. Losing track of time and avoiding aging by playing.

## Book Information

Audio CD

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Average Customer Review: 4.2 out of 5 stars 12 customer reviews

Best Sellers Rank: #265,063 in Books (See Top 100 in Books) #69 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #72 in Books > Books on CD > Health, Mind & Body > Meditation #218 in Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

Bernie S. Siegel, M.D., attended Colgate University and Cornell University Medical College. His surgical training took place at Yale New Haven Hospital and the Children's Hospital of Pittsburgh. He is the bestselling author of many books including Love, Medicine & Miracles, ISBN: 0060919833; Peace, Love & Healing and Prescriptions for Living, ISBN: 0060917059; and the audio Healing Meditations, ISBN: 1-56170-771-6. Bernie is the president of the American Holistic Medical Association.

I love all of Dr. Seigel's work, be it a book, presentation or meditation. The man knows people, what makes them tick, what stops them or slows down their ticking and often how to fix it. Ya gotta wantta do work though to get and stay well. You make the choice if you are here to lave, or stick around and he helps you easily figure out what you need to do, but he can't do it for you.

Easy transaction. Meditations are easy listening.

I really like Bernie Siegel. We appreciate his wisdom. The tape is a good guided meditation. It isn't as deep or as long as I hoped it would be. I wish his work was digitalized; I would have bought several of his meditations. I will keep using it. Maybe the subliminal messages haven't yet hit home, as I've only listened to this 3 times.

This CD is wonderful to listen to before you drift off to sleep. It is so soothing and relaxing. And what is so wonderful, I have found, is that my subconscious mind is listening to this even while I am sleeping. The next day I wake up refreshed and ready for a new day. Thanks Bernie!

Beautiful ideas and great presentation!

Love his voice

Very soothing and contemplative - just what I was looking for.

I think one should be in a mode to relax and rest while listening to this meditation. A very personal find yourself in tough times audio.

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